



Estrium®

**NUTRITIONAL SUPPORT FOR
SYMPTOMS RELATED TO
PREMENSTRUAL SYNDROME**

Natural Tropical Mango Flavor
with Other Natural Flavors

Medical Food

NET WT. 23 oz (1 lb 7 oz) (644 g)

Information per Serving:

Serving size	About 2 scoops (46 g)
Servings per container	14 (by weight)
Calories	160
Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	50 mg
Potassium	300 mg
Total Carbohydrate	22 g
Dietary fiber	3 g
Sugars	10 g
Protein	15 g

TAMPER EVIDENT

Do not use if safety seal is missing or broken.

IMPORTANT WARNING: This product has been formulated to nutritionally support female patients who have symptoms associated with their hormone cycles. It has not been tested for interactions with oral contraceptive medications, and the effectiveness of oral contraceptives for birth control cannot be ensured during use of Estrium. Please discuss this important concern with your healthcare practitioner.

Researched, developed, and manufactured by:
Metagenics, Inc.
100 Avenida La Pata
San Clemente, CA 92673
www.metagenics.com



Percentage of

Reference Daily Intakes (RDI)

Each Serving Contains:

		% RDI
Vitamin A	1250 IU	25
(retinyl palmitate)		
Vitamin A (beta-carotene)	2500 IU	50
Vitamin C	60 mg	100
Calcium	350 mg	35
Iron	9 mg	50
Vitamin D	40 IU	10
Vitamin E	300 IU	1000
Thiamin	0.75 mg	50
Riboflavin	0.85 mg	50
Niacin	10 mg	50
Vitamin B ₆	50 mg	2500
Folic Acid	400 mcg	100
Vitamin B ₁₂	30 mcg	500
Biotin	150 mcg	50
Pantothenic Acid	5 mg	50
Phosphorus	260 mg	25
Iodine	75 mcg	50
Magnesium	240 mg	60
Zinc	7.5 mg	50
Copper	1 mg	50
Manganese	1 mg	50
Chromium	100 mcg	85
L-Lysine	17.5 mg	*
L-Threonine	17.5 mg	*
Isoflavones (from kudzu)	25 mg	*
Flaxseed Hull	1.84 g	*
(providing 70 mg of flax lignans)		*
Choline	450 mg	*
Turmeric Rhizome Extract	210 mg	*
(Curcuma longa) [standardized to 95% (200 mg) curcuminoids]		*
* Daily Value not established		

PROD. ESTRIUM

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Estrium® is a medical food designed to provide specialized nutritional support for women with premenstrual syndrome. Estrium provides a specialized blend of macronutrients with all essential vitamins and minerals, along with non-soy phytoestrogens, antioxidants, and flaxseed hull (equal to approximately one tablespoon of whole flaxseed) that were specially selected for their ability to promote healthy estrogen metabolism and healthy hormone balance.

Directions: Blend or shake about 2 level scoops (46 grams) of Estrium into 8 ounces of water, juice, or soy, almond, rice, or organic cow's milk twice daily, or as directed by your healthcare practitioner.

NOTICE: THIS PRODUCT IS TO BE USED UNDER THE DIRECT SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.

Ingredients: Rice protein concentrate, rice syrup solids, fructose, olive oil, magnesium citrate, flaxseed hull, natural flavors, choline bitartrate (partially hydrogenated soybean oil encapsulate), calcium citrate, dipotassium phosphate, xanthan gum, d-alpha tocopheryl succinate, curcumin powder, guar gum, ascorbic acid, pyridoxine HCl, zinc gluconate, pueraria root extract, chromium polynicotinate, ferrous fumarate, L-lysine, L-threonine, niacinamide, copper gluconate, D-calcium pantothenate, beta-carotene, thiamin HCl, riboflavin, folic acid, retinyl palmitate, biotin, potassium iodide, cyanocobalamin, and cholecalciferol.

WARNING: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5000 IU of preformed vitamin A (retinyl palmitate) per day.

This product is Gluten Free.

Formulated to Exclude: Wheat, egg, stimulants, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors.

Storage: Keep tightly closed in a cool, dry place.

Contents sold by weight, not volume. Some settling may occur during shipping and handling. Serving size is measured by weight. A scoop is included for your convenience. The amount of product contained in two scoops may be above or below 45 grams due to variations in handling and product density.